



MENTAL WELLBEING AND SAFETY > RESILIENCE

A LISTENING TO FAMILIES RESOURCE

Resilience

Answers to questions about resilience identified by families are provided in a conversation with

- > Catherine Gallagher, Clinical Psychologist
- > Melanie Winter, Mana Ake Kaimahi

QUESTIONS ANSWERED IN THIS SERIES

- ⦿ How can I help my child feel safe in an uncertain world?
- ⦿ Should I talk to my child about difficult things happening in the world?
- ⦿ What if my child sees something upsetting online or on the news?
- ⦿ My child is anxious or fixated on scary news, what should I do?
- ⦿ Why does my autistic or ADHD child react so strongly to news or change?
- ⦿ How do I prepare my child for hard things without creating fear?

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NZ families' questions about the development, health, and wellbeing of children and young people are answered in conversations with local Specialists.

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